

Served
Weekdays
12pm - 8pm

NOVEMBER

SPECIALS



Rolls or Sandwiches £3.95

White or brown rolls, sliced bread, pita or tortilla wrap:

Home-cooked Ham Salad with Dijon Mayo

Smashed White Bean, Fresh Basil & Avocado ✓ 🥕

Atlantic Prawns with Mary Rose & Iceberg Lettuce

Add a mug of soup or hand cut chips for £1.95

Grilled Halloumi & Roast Veg Wrap 🥕 🥕 £5.95

With Harrissa Yoghurt, served with a ramekin of hand-cut chips

Roast Sweet Potato & Cannellini Bean Chilli 🚫 ✓ 🥕 🥕 £8.25

Served with organic brown rice, fresh coriander, a side of guacamole & tortilla chips

Roast Pumpkin, Feta, Red Onion, Baby Spinach & Chickpea Salad 🌿 🥕 ... £8.95

With a lemon & olive oil vinaigrette, toasted pistachio nuts and sprinkled with chives

Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.25

Home-Cooked Ham & Eggs £9.25

Served with grilled pineapple, tomato, free range eggs & hand-cut chips

Spanish Style Haddock & Chorizo Stew £9.95

Served with garlic bread, chopped tomatoes, paprika, roasted peppers, chickpeas & parsley

SEASONAL JUICE

Superfood Matcha

Raspberry & Strawberry

Smoothie 🚫 ✓

Reg **£3.50** / Large **£4.25**

With almond milk, baby spinach & organic matcha

DRINK OF THE MONTH

Matcha Latte

£2.75 / Add almond milk for **40p**

A traditional blend of green tea with a hint of vanilla

COFFEE OF THE MONTH

Guatemala

'Los Volcanos'

Reg **£1.70** / Large **£1.95**

Rich in flavor with velvety chocolate body and notes of caramel & orange